Grocery List!

Got your Grocery Totes?

DAIRY
Butter
Coffee Creamer
Cottage Cheese
Cream Cheese
Margarine
Milk
Other Cheese
Parmesan Cheese
Sour Cream
Whipped Cream
Yogurt

MEATS & PROTEINS
Bacon
Beef
Chicken
Deli Meat
Eggs
Fish
Ham
Hot Dogs
Pork
Sausage
Shellfish
Tofu
Turkey

FRUIT
Apples
Avocados
Bananas
Berries
Cherries
Grapefruit
Grapes
Kiwi
Lemons
Limes
Melon
Oranges
Peaches
Pears
Tomatoes

VEGETABLES
Basil
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cilantro
Corn
Cucumbers
Garlic
Lettuce
Mushrooms
Onions
Peppers
Potatoes
Radishes
Salad (Bagged)
Spinach

BREADS
Bagels
Bread
Buns
Doughnuts
English Muffins
Rolls
Tortillas

DRY GOODS
Beans
Bread Crumbs
Cake Mix
Cereal
Cookies
Crackers
Flour
Gelatin
Lentils/Peas
Oatmeal
Pancake Mix
Pasta/Noodles
Popcorn
Potato Chips
Rice
Tortilla Chips

BEVERAGES
Cocoa
Coffee
Fruit Juice
Mineral Water
Soft Drinks
Tea

CANNED GOODS
Applesauce
Baby Food
Chili
Fish (Tuna/Salmon)
Fruit
Mushrooms
Olives
Soup
Spaghetti Sauce
Stewed Tomatoes
Tomato Paste
Tomato Sauce
Tuna
Vegetables

FROZEN FOODS
Apple Juice
Berries
Cranberry Juice
Frozen Pizza
Frozen Waffles
Grape Juice
Ice Cream
Orange Juice
Popsicles
Potatoes
Vegetables
Whipped Cream

BAKING GOODS
Baking Powder
Baking Soda
Chocolate Chips
Corn Starch
Dried Herbs
Nuts
Pepper
Raisins
Salt
Spices
Sugar
Vanilla

PAPER PRODUCTS
Aluminum Foil
Facial Tissue
Garbage Bags
Lunch Bags
Napkins
Paper Plates
Paper Towels
Plastic Silverware
Plastic Wrap
Sandwich Bags
Toilet Tissue

CONDIMENTS
Honey
Jelly/Jam
Ketchup
Lemon Juice
Mayonnaise
Mustard
Oil
Olives
Peanut Butter
Pickles
Relish
Salad Dressing
Salsa
Shortening
Soy Sauce
Syrup
Vinegar

LAUNDRY
Bleach
Detergent
Fabric Softener
Stain Remover

KITCHEN
All Purpose Cleaner
Dish Detergent
Dishwasher Soap
Floor Cleaner
Furniture Polish
Glass Cleaner
Steel Wool Pads

BATHROOM
Bath Soap
Deodorant
Floss
Lotion
Razors
Shampoo
Shaving Cream
Toothpaste

MISCELLANEOUS
Bandages
Batteries
Candles
Cough Drops
Kitty Litter
Light Bulbs
Pet food
Stamps
Vitamins

Meals this week:

Monday	Wednesday	Friday	Sunday

Tuesday	Thursday	Saturday	Don't Forget list:

eat smart, be smart!
www.thekitcheneers.com